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NEWS WORTH SHARING.

GOD OF THE GAFFE ECLIPSES ASTRONAUT

T.O. MAYOR ROB FORD NAMED NEWSMAKER OF THE YEAR WITH 63% OF THE VOTE. TAKE THAT, HADFIELD

PAGE 6

Old Man Winter vs. Father Christmas

Ice storm hammers eastern Canada; its effects may last until Dec. 25 PAGE 4

Detached-Dad out, Mister Mom in

Diaper change, anyone? More fathers are more hands-on than they've been in the past, survey says PAGE 10

Lightning strikes in 3 straight wins

London B-ballers hand Ottawa SkyHawks a loss heading into the Christmas break PAGE 13

Charities racing to meet the need

Oksana Petrushevskaya scoops mashed potatoes into a serving tray on Sunday as the Salvation Army prepares to serve its annual Christmas dinner to upward of 400 people at the Centre of Hope.
MARK SPOWART/FOR METRO

Season of giving.
Agencies continuing efforts in earnest with Christmas countdown underway

MARK SPOWART
london@metronews.ca

With only two days to go before Christmas, local charities are as busy as Santa's elves, still working to ensure those who have less will have something this time of year.

The Salvation Army served up its annual Community Christmas Dinner to about 400 people. A second dinner will be served on Christmas Day.

The dinners are the finishing touches to a busy time of year for the organization.

"Our hamper campaign wrapped up on Friday; if an emergency situation came we would take care of that on either Monday or Tuesday," Major Pat Phinney said.

Meanwhile, the non-profit is worried that its kettle campaign is going to come up short of its $475,000 goal. It ends at 2 p.m. Tuesday.

"That would be a first for London," Phinney said.

At the London Food Bank, an unexpected $10,000 donation from some of London's Tim Hortons franchises showed up on Friday afternoon, brightening everyone's spirit.

"They have helped us in the past, but not like that," said Glen Pearson, the food bank's co-executive director. "When I told Jane (Roy, co-executive director), her jaw just dropped."

A national report released earlier this month showed demand for help from food banks has declined.

However, Pearson stressed, national surveys can be a bit misleading because what's happening in large urban centres can skew the numbers.

"Our numbers (for service) are up seven per cent over the same time last year," he told Metro. "Even as our numbers continue to go up, the public continue to show us their compassion."

With 2014 just around the corner, Pearson and Roy are preparing to fill a big void that will be left when the Kellogg's plant closes.

"People don't realize that (Kellogg's) have been with us from the very beginning. Their donations extended throughout Southwestern Ontario," Pearson said.

The company also provided in-kind help, he said.

"It is going to be very tough without those little things."

Business Cares

- London's Business Cares food drive marked another successful year thanks to a healthy round of last-minute donations.
- The drive ended Friday with 281,534 pounds of food donated, beating the goal by eight per cent.

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NEWS 1

Mayor aims to dip below lucky seven

Unemployment.
Fontana sets sights on big dip in jobless rate

Mayor Fontana is setting big targets for the final year of his term, including a slash to the city's unemployment rate. METRO FILE

Mayor Joe Fontana has a Christmas wish.

Asked by Metro to look ahead to 2014 and what he wants to achieve, it wasn't surprising that he spoke about jobs.

But Fontana, who's about to begin his fourth year as mayor and is gearing up for another run during the October municipal election, also set a specific aim: He wants to bring unemployment down below seven per cent next year.

"I think it's doable," he said, making it clear he had not forgotten recent layoff announcements in London. "There's no reason the City of London can't be seen as the city of opportunity."

That target doesn't seem too far away, with the November unemployment figure for London-St. Thomas sitting at 7.9 per cent. The rate has dropped or remained steady every month since a 9.9 per cent peak in April, although the number of people seeking work also fell.

Fontana also described the year gone by as "productive" for the city because it managed some big achievements.

He said it established a framework for future development and improvements, with progress on the downtown master plan, the southwest area plan, the future of SoHo and more.

"There isn't anything that this city hasn't completed," said the mayor, adding that 2014 will be a year of "implementation."

"I've never been more optimistic about getting things done in 2014 and beyond," Fontana continued. "There are no excuses. We've done all the planning. We know what to do. We know who to talk to in the provincial government. We just have to get it done."

Those planning frameworks will feed into economic development strategies, the mayor said, creating a network of opportunities across the city.

Efforts to create jobs in a variety of sectors — including health, education and advanced manufacturing — are keeping city staff and partners busy, he added.

As for his personal plans for 2014, does the incumbent mayor plan to run again?

"Absolutely," he said. "I don't believe in leaving before I finish what I've set out to do."

MIKE DONACHIE/METRO

Highs and lows

Mayor Joe Fontana talked to Metro about the best and worst times of 2013.

- **Best:** "The World Figure Skating Championships demonstrated that London can put on a world-class show."
- **Worst:** "The unforeseen layoffs and plant closures. Sometimes these kinds of things are beyond our control."

Plea expected in hit-and-run that left 10-year-old boy unconscious

The driver accused in a hit-and-run that left a 10-year-old London boy in a coma is expected to plead guilty and be sentenced Jan. 31, according to reports.

Toby Van Lieshout was arrested and charged two days after a speeding car hopped a Wexford Avenue curb Oct. 25, hitting Tyler Brooks-Szabo as he rode his bike on the sidewalk. Tyler suffered severe head injuries.

Bethany Joyce Wiggins, a friend of Tyler's family, finds little solace in Van Lieshout's plans to plead guilty. "It bugs me that he just gets off with just the traffic charges, meanwhile (Tyler's) family has to deal with the results of this accident for the rest of their lives," she said Sunday.

"He is the same," Wiggins said, noting Tyler has brain damage, a cracked pelvis and remains unconscious in hospital.

It's been "two months of him in hospital with mother by his side every day, forcing her to take time away from her other children," Wiggins said. "I think (the driver) should suffer the same effects of what this family has had to endure."

Van Lieshout, 34, of Ingersoll, is charged with driving with a suspended licence, leaving the scene of an accident, drug possession, careless driving and using an unauthorized licence plate.

His wife, Rebecca Smith, 39, faces charges including accessory after the fact, assaulting a police officer, drug possession and allowing an unlicensed person to drive. METRO

Tyler Brooks-Szabo FACEBOOK

Correction

Dec. 16 edition

Gloria Samuel, a member of the Joyful Noise Choir, was pictured during a Nelson Mandela tribute featured on page 1 of Metro's Dec. 16 edition. Her name was incorrectly reported.

Piggish behaviour

Holiday hams taken from truck

Some thieves might be pigging out this holiday season after several hundred hams were stolen in London.

The Honey-Bee Ham Co. says the huge haul of meat was pinched from a refrigeration truck Friday night. The total cost of the stolen ham is estimated at more than $10,000.

But the company says it's continuing to take orders and that those with existing purchases will still go home with their ham in time for the holidays.

The company is not worried the thieves will be able to crack its 30-year-old honey glazed ham recipe, as the stolen meat was unfinished. THE CANADIAN PRESS

$380,000 worth

Police find drugs cache

A 44-year-old London man faces two drug trafficking charges after a search warrant turned up $380,000 worth of drugs and cash.

The London police guns and drugs section raided a residence on Wilkins Street on Thursday and seized almost 40 kilograms of marijuana, 839 grams of psilocybin and $5,090 in cash.

Andrew Paxton was arrested and charged. METRO

St. Thomas

Driver facing six charges

St. Thomas police have laid charges against a man spotted driving with open beer in the front seat about 10 a.m. Thursday.

The 39-year-old man, who was not identified, also had bogus plates on his vehicle and did not have a driver's licence, police said.

He was stopped on Confederation Drive and refused a roadside breath test. He's facing six charges. METRO

Teaming up. U.S., local police work together to tackle child sexual abuse

The London police department's cybercrime unit and the U.S. Department of Homeland Security have teamed up again to prevent the sexual abuse of children south of the border.

Earlier this year, London police arrested a man in possession of child pornography and seized several electronic storage devices belonging to him.

The forensic computer analysis unit examined those devices and it was discovered the suspect was actively using several smartphone applications to obtain and share child pornography.

Once more data was extracted from the devices, police identified a location in Louisiana where a child may have been abused.

Police in London contacted Homeland Security and, working with the Jackson Parish sheriff's office, released an image of the suspect.

The suspect was ultimately arrested, and two victims were identified. METRO

Cancer research funds. Little girl makes big donation to LHSC

It's proof that big gifts come in little packages.

Gabrielle Panth, 11, has donated $2,000 to the London Health Sciences Centre — money raised from selling homemade pink bracelets and baked goods.

The money will go to the Pamela Greenaway-Kohlmeier Translational Breast Cancer Research Unit at the London Regional Cancer Program.

Gabrielle started raising money after her mother, Tammy Ross, was diagnosed with breast cancer earlier this year. Ross, who has three other children, had a double mastectomy in October.

"My mother's diagnosis gave me some inspiration and the passion to help find a cure and to end the fight forever," Gabrielle said.

"Gabby wants to find a cure, so no other mommy has to go through this," her mother added. METRO

An illuminated institution

Fanshawe College has flicked the switch on the first phase of its new downtown campus. Boasting 829,440 LED lights towering over Dundas Street and Market Lane, the college powered up the sign marking the new building on Friday. Faculty has moved into the space with students expected to start classes there in January.

SCOTT TAYLOR/METRO

Traffic is flowing again on Southdale Road. A construction project that included widening between Wharncliffe and Wonderland roads had traffic tied up on the stretch for months. MARK SPOWART/FOR METRO

City marks end of 2013 road work

Updates. Southdale Road widening, other major projects all wrapped up

It's a blessing for pretty much anyone who lives or travels through southwest London.

Construction barrels have been rolled away from Southdale Road, leaving traffic flowing freely.

The road officially reopened Friday, marking the end of construction season.

Work on Southdale between Wharncliffe and Wonderland roads was one of the largest city projects taken on this year. It also created one of the biggest bottlenecks as more than 20,000 drivers negotiated lane closures daily.

The finished product includes seven kilometres of new road and bike lanes, two-and-a-half kilometres of fresh sidewalk and nearly four kilometres of new sewer and water mains, the city says.

Crews will return in 2014 to put finishing touches on the stretch.

Other major construction projects for 2013 included widening Oxford Street between Hyde Park and Boler roads, Sarnia Road widening from Wonderland to Aldersbrook, and sewer work on Springbank Drive near Byron Baseline Road.

Next year's construction season begins in spring. Among the areas that will see heavy equipment roll in is Hyde Park Road north of Oxford Street.

METRO

On the web

- **22,000 to 25,000 daily:** Average number of vehicles that travel Southdale Road.
- **18,000 daily:** Number of vehicles that put Southdale Road at capacity before the expansion.

SOURCE: CITY OF LONDON

London dodges worst of ice storm

Several thousand people were without power in the London region Sunday after an ice storm swept across Ontario, and other parts of Eastern Canada.

London was sparred the brunt of the storm, which left other cities, including Toronto, reeling.

Holiday travel and public trains all but came to a stop in places that were hit the hardest. Environment Canada had predicted London would be among those places.

A freezing-rain warning was lifted for London-Middlesex late Sunday morning, just as another round of freezing drizzle and strong wind gusts swept through the GTA.

There, 250,000 customers did not have power Sunday afternoon. People were being warned to prepare for as many as 72 hours without electricity, which could leave many in the dark on Christmas Day.

Locally, officials are warning of swollen and fast-moving waterways thanks to weekend rainfall and melting snow. There have been no reports of flooding.

Flurries are expected Monday with a high of –2 C, while Tuesday's high is expected to be a chilly –8 C.

There's a 30 per cent chance that flurries will return on Christmas Day with a high of –3 C. METRO, WITH FILES FROM THE CANADIAN PRESS

FOR MORE COVERAGE, GO TO PAGE 4

Ice storm lashes Eastern Canada

A dark Christmas. Hundreds of thousands could be left without power for days

A steady dose of freezing rain across parts of Eastern Canada turned roads and sidewalks into skating rinks Sunday, cut power to hundreds of thousands of people, and played havoc with holiday plans at one of the busiest travel times of the year.

Anxious passengers found themselves stranded in airports from Toronto to St. John's, N.L., days before Christmas.

The situation drew comparisons to the deadly ice storm that encased Quebec in 1998, as hydro crews across the region struggled to restore service.

"Some of the crews I've spoken to said this is as bad," said Blair Peberdy, vice-president of Toronto Hydro, which had 250,000 customers without power.

"These storms tend to wreak havoc and we have to go street by street with chainsaws."

Ontario's premier said Sunday that she had talked to many mayors of communities affected by the storm to offer provincial support. She said the province was going to provide tree harvesters to some communities to help crews clear away downed trees.

"We're going to bring in the resources that are needed to deal with the situation," said Kathleen Wynne.

At least one municipality, the township of Woolwich near Waterloo, declared a state of emergency.

Salting and sanding crews worked through the night Saturday and into Sunday in an uphill battle against a dangerous mix of snow, ice pellets and freezing rain that stretched from Niagara Falls, Ont., to the Atlantic Coast.

THE CANADIAN PRESS

Pedestrians clear the sidewalks on a closed-off Soudan Avenue in Toronto after an ice storm caused havoc knocking down trees and power lines in much of the city on Sunday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Wrecking havoc

- Overall, power outages affected about 350,000 customers in Ontario.
- The entire province of New Brunswick remained under a weather warning on Sunday. Much of Nova Scotia was under a freezing-rain warning, while P.E.I. was under a warning of snow and ice pellets.

Ford, Kelly present united front

As city officials, staff and clean-up crews worked to repair the havoc caused by an icy storm, Toronto Mayor Rob Ford was unreachable, according to a source.

The mayor could not be found all Sunday morning by city staff working to organize warming centres and other emergency preparations, the source said.

Just after 10:30 a.m., Ford's account tweeted he would be holding a press conference at Metro Hall with city staff at 1:30 p.m.

"The city's emergency operation centre was activated yesterday to manage the storm impacts," Ford said, surrounded by Deputy Mayor Norm Kelly and Coun. Denzil Minnan-Wong, who chairs Public Works.

Even the deputy mayor, who had been the point person for city officials dealing with the storm, said he hadn't spoken to Ford until the press conference.

But Kelly said he was happy that he, Ford and Minnan-Wong presented a united front.

"I think it was important for the three members of council with an interest in this to appear together with the same message," he said.

TORSTAR NEWS SERVICE

Toronto Deputy Mayor Norm Kelly speaks to the media as Mayor Rob Ford stands in the background at a news conference after an ice storm left more than 250,000 customers without power on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

In pictures

1 Halifax. Flight delays
An Air Canada jet is de-iced at Halifax Stanfield International Airport. ANDREW VAUGHAN/THE CANADIAN PRESS

2 Toronto. An icy stare
An ice-covered statue of Al Waxman in Kensington Market. IAN WILLMS/THE CANADIAN PRESS

3 Kingston, Ont. Instant rink
Kids skate on an ice-covered street.
ANDREA LOKEN/THE CANADIAN PRESS

4 Toronto. Fallen Santa
This lawn Santa on Pickering Street collapsed under the weight of the ice.
KEITH BEATY/TORSTAR NEWS SERVICE

5 Toronto. Tree trouble
A Toronto city bus manoeuvres around a fallen tree on Jones Avenue. RANDY RISLING/TORSTAR NEWS SERVICE

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Toronto Mayor Rob Ford named Canada's Newsmaker of the Year

Snagged 63% of vote. Naughty won out over nice in annual poll as crack-smoking mayor beat out some other notable Canadians

Few could have predicted that Canada's moment in the global spotlight this year would be courtesy of a crack-smoking, "drunken-stupor" mayor who uses graphic sexual language on live television.

Rob Ford was a one-man news cycle, as he met each wave of allegations of bad behaviour with wild counter-allegations, mixed with a few gaffes and a sprinkling of apologies.

It is for these reasons and more that editors and news directors across the country selected Ford as Canada's Newsmaker of the Year.

The headline-grabbing, sound bite-generating Toronto mayor received 63 per cent of the votes in the annual survey of the country's newsrooms by The Canadian Press.

Some of those who voted said they wanted to pick Chris Hadfield, who received 16 per cent of the votes thanks to his inspirational time as commander of the International Space Station. But most felt there was no choice but Ford.

"We loved that Alice Munro won the Nobel Prize. We were amazed when Christy Clark won the B.C. election. Theresa Spence definitely made waves as did Nigel Wright in the PMO," said Adrienne Tanner, the deputy editor of the Vancouver Sun.

"But really no one tops Rob Ford's antics of the past year, which went from outrageous to ludicrous to pitiful. He's the hands-down winner for bad newsmaker of the year. No one else comes close."

Gravely serious allegations lie at the heart of what sparked myriad Ford controversies, but at each turn his bombastic, confrontational, unfiltered nature fanned the flames and ensured the near-constant stream of shocking news.

THE CANADIAN PRESS

Toronto Mayor Rob Ford holds up a bobblehead doll in his likeness while signing hundreds of them for charity at city hall in Toronto on Nov. 12. FRANK GUNN/THE CANADIAN PRESS

Past newsmakers

A look back at Canada's Newsmakers of the Year, as determined in the annual poll of newsrooms by The Canadian Press:

- **2012.** Luka Magnotta, alleged killer
- **2011.** Jack Layton, politician
- **2010.** Russell Williams, sex killer
- **2009.** Stephen Harper, politician
- **2008.** Stephen Harper, politician
- **2007.** The Mounties
- **2006.** The Canadian Soldier
- **2005.** John Gomery, Quebec judge

Edgar M. Bronfman Sr. Canadian-born billionaire dies at 84

Edgar M. Bronfman Sr., the Canadian-born billionaire and longtime president of the World Jewish Congress, which lobbied the Soviets to allow Jews to emigrate and helped spearhead the search for hidden Nazi loot, died Saturday. He was 84.

Bronfman died at his New York home surrounded by family, according to the family charity he led, The Samuel Bronfman Foundation.

Bronfman was born in Montreal on June 20, 1929, and made his fortune with his family's Seagram's liquor empire. He joined the family business in 1957 and took over as chairman and CEO in 1971, continuing the work of his father, Samuel. Under Bronfman's leadership, Seagram expanded its offerings and was eventually acquired by French media and telecom group Vivendi Universal in 2000. THE ASSOCIATED PRESS

Edgar M. Bronfman Sr. THE ASSOCIATED PRESS FILE

Over 100 workers died

Charges laid in deadly Bangladeshi garment factory fire

Police charged the owners of a Bangladeshi garment factory and 11 employees with culpable homicide Sunday for alleged negligence leading to the death of 112 workers in a raging fire that engulfed the factory last year.

It was the first time Bangladeshi authorities had sought to prosecute factory owners in the world's second-largest garment industry.

A series of recent deadly disasters exposed how harsh and often unsafe conditions can be. THE ASSOCIATED PRESS

Will some users of medical marijuana be priced out?

Access program. Worries new federal rules will leave some high and dry

Mark Gobuty isn't raising cattle or cultivating corn on his farm north of Toronto — he's growing medical marijuana.

His company, The Peace Naturals Project, is one of the first to be approved by Health Canada to commercially produce and distribute dried cannabis ahead of changes next spring to Ottawa's marijuana medical access program.

Starting April 1, the program that began in 2001 will no longer require medicinal marijuana users to buy their medication through Ottawa's one approved supplier, grow their own plants, or designate someone to be their personal grower. Instead, users will be restricted to buying their cannabis from a list of approved suppliers.

Mark Gobuty, founder and CEO of The Peace Naturals Project, stands in one of the cannabis-growing greenhouses in Clearview, Ont. FRANK GUNN/THE CANADIAN PRESS FILE

Gobuty, Peace Naturals' chief executive and co-founder, says his company is focused on providing a quality product, but he also understands the compassionate side of drug dispensing.

"We certainly have vision. We want to help people," said Gobuty during an interview at his secluded and highly secured farm in Clearview Township.

"It's really (about) the purpose and intent of the medicine we can provide. If we can do one thing, we want to provide people with peace."

But that peace will come at a price. And some prescribed users, such as Marcel Gignac, from Amherst, N.S., are worried that privatizing the medical cannabis industry will come at too high a cost.

Gignac's supplier is a designated grower, but his wife, who also uses the herb to ease the pain from arthritis, knee and hip replacements, grows her own plants. He estimates she pays about five cents per gram for her medication.

He said he and other members from the volunteer-run Medicinal Cannabis Patients' Alliance of Canada, some of whom are unable to work due to their conditions, will not be able to afford market prices.

THE CANADIAN PRESS

Quoted

"My options are: I can sit back and suffer and die, or grow it illegally or go to jail."

Marcel Gignac, a 51-year-old from Amherst, N.S., who smokes 30 grams a day to treat an aggressive form of multiple sclerosis.

WHAT SESAME STREET CAN TEACH US

URBAN COMPASS

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Like many kids, Christmas was my favourite time of year growing up.

I loved everything about it: the food, the music, the tree decorating, and, of course, the gifts. But I especially enjoyed the feeling of togetherness during the holidays.

To me, that's what the season is all about — the spirit of giving and connecting with others. And not just with family and friends, but with people in the community as well. There's a certain spirit in the air and a measure of selflessness (it's peak time for charities, after all).

Granted, it's not all eggnog and yule logs.

Take, for instance, this story from last week: In Arizona, a woman collecting donations for the Salvation Army was reportedly assaulted by another woman after saying "Happy Holidays" instead of "Merry Christmas." Sadly, it seems exchanging greetings is a dangerous business these days. My question is: Why?

I think that's a question that should be asked of anyone who takes offence to a greeting, whether it's "Merry Christmas," "Happy Hanukkah" or "Happy Holidays." After all, offence isn't given in these sorts of instances, but rather it's taken. And that's an important distinction.

I understand, of course, there are fundamental differences between celebrating Christmas and celebrating Hanukkah (or anything else for that matter). But what I'm referring to is the simple human interaction of a greeting itself.

Oddly enough, it reminds me of the old Sesame Street Christmas special. In one scene, two of the characters — Bob (Johnson) and Mr. Hooper — cross paths and chat in the street.

When they part ways, Bob turns and says: "Oh, Mr. Hooper … Happy Hanukkah." Mr. Hooper flashes a genuine smile and replies, "Thank you, Bob. And a Merry Christmas to you."

I didn't realize it back then, but by watching it now it's clear that Sesame Street put the scene in specifically to promote diversity and acceptance. It was a standalone scene with a message, I believe, to be this: "Hey kids, regardless of people's religious beliefs and backgrounds, not only can you exchange friendly greetings, but you can be friends as well."

That's an important underlying message, and it holds true for anybody. Why not? We simply don't know what sort of positive impact we might have on a stranger with a smile here or a friendly greeting there. I'd argue, though, the impact is more than we think.

Prior to the Knights hockey game on Friday night, about 9,000 people had a positive impact on a stranger's life during a pre-game ceremony. Through London's TLC Foundation, a young girl battling cancer had her wish fulfilled of dropping the puck before a Knights game.

The crowd rose to their feet and applauded the brave young girl, and there was a real sense of togetherness in the building. It's not hard to see how in moments like these, when perspective is gained, people are brought together rather than driven apart.

And so it should be with whatever greeting you may receive during this holiday season.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Take a closer look at the sun

COURTESY NASA GODDARD SPACE FLIGHT CENTER

Parts not visible to the naked eye are captured by NASA

This still image was taken from a new NASA movie of the sun from NASA's Solar Dynamics Observatory, or SDO, showing the range of wavelengths — invisible to the naked eye — that the telescope can view.

SDO converts the wavelengths into an image humans can see, and the light is transformed into a rainbow of colours. METRO

What's happening

Wavelengths convey information about components of the sun. From left to right (measured in angstroms):

- **1,700.** Surface of the sun, as well as a layer of the sun's atmosphere called the chromosphere, which lies just above the photosphere and is where the temperature begins rising.
- **1,600.** Mixture between the upper photosphere and what's called the transition region, an area between the chromosphere and the uppermost layer of the sun's atmosphere (the corona).
- **335.** Active region of the corona. The dark areas (coronal holes) are places where very little radiation is emitted, yet are the main source of solar wind particles.
- **304.** This light is emitted from the chromosphere and transition region.
- **211.** This wavelength shows hotter, magnetically active regions in the sun's corona.
- **193.** A slightly hotter region of the corona, and also the much hotter material of a solar flare.
- **171.** This wavelength shows the corona when it's quiet. It also shows giant magnetic arcs called coronal loops.
- **131.** The hottest material in a flare.
- **94.** The regions of the corona during a solar flare.

Clickbait

ANDREW FIFIELD
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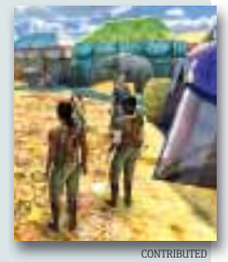
First announced back in 2010, The Shadow Sun was billed as a Western-style RPG squeezed into an iOS device when those were in pretty short supply on the App Store. It's three years later and there are lots of RPGs to choose from, so how does The Shadow Sun hold up?



CONTRIBUTED

The answer is: "Quite well, thank you very much." Things start off as you've come to expect by now — you get a few character customization options, establish some baseline stats (strength, endurance, etc.) and then you're dumped into the world. Tasked with protecting a rather pompous diplomat visiting a neighbouring city enduring an awful plague, things quickly become … complicated … and the game opens up.

The story so far — I've put about four hours of playtime into the game — is rich and the lore is accessible at any time in your menu, and it gets expanded upon as you work your way through the main story. Of course, this being an RPG, there's a myriad of side quests to take on that will richly reward you with loot and weapons, boosting the custom features of your character. There are several locations and cities to explore while you're at it, but no persistent world between them like an Elder Scrolls game. Instead, you'll be quickly travelling, which I find preferable for mobile gaming, to be honest.

Combat is where things get a little tricky, mostly due to the limitations of playing on an iPhone. The floating thumbstick used to control your character can be as unco-operative as the rest of them, but it's never been fatal. Either way, the real treat of The Shadow Sun is the immersion of the world and you'll find yourself rewarded if you take your time to explore and read up on the kingdom's history.

The Shadow Sun is certainly ambitious, and sometimes the performance doesn't quite reach what the developers had in mind. But, swords and spells can be in awfully short supply on iPhone, especially ones wielded in an engaging and dangerous world. It's hours of exploring, fighting and character-building for the price of a meal at McDonald's. (iOS/$7.99)

Twitter

@metropicks asked: The majority of Canadians polled last week said they weren't finished Christmas shopping. What's your strategy?

@tallertrees: Strategy? More like frantic Christmas eve running around.

@alxrocks: - look at a calendar, plan ahead, and shop in September…

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Julie Delpy and Ethan Hawke returned in 2013 with the next installation of their romance trilogy, Before Midnight. CONTRIBUTED

Reasons we love film in 2013

The best of the year. Today we look at the best of 2013 — tomorrow, the worst

NED EHRBAR
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at some of the best films of the year.

12 Years a Slave
An astonishing triumph in filmmaking, Steve McQueen's true tale of America's ugly past is not only an important movie, it's also a beautifully made one. It's visceral, haunting and cathartic, featuring a massive, stellar cast — though Brad Pitt's supporting performance keeps it from being absolutely perfect, one sour note in an otherwise flawless symphony.

Her
What sounds overly quirky on paper — a quiet loner (Joaquin Phoenix) falls in love with his computer's new OS (voiced by Scarlett Johansson) — turns out to be one of the most moving and insightful examinations of intimacy in years. What Spike Jonze understands about intimacy is truly impressive.

Gravity
Alfonso Cuaron advances the art of filmmaking with this immersive and terrifying yet perfectly simple tale of being lost in space. He's also the first filmmaker to properly justify the use of 3-D since James Cameron brought it back into fashion with Avatar.

Inside Llewyn Davis
The Coen Brothers' darkly comic rumination on creative pursuits and fame set in the 1960s New York City folk scene is a joy to behold, even if they are trying to bum you out.

Before Midnight
Maybe it's a bit like cheating, since Richard Linklater, Julie Delpy and Ethan Hawke have been working on these characters for 18 years, but there are few who have achieved such honest on-screen portrayals of how relationships evolve.

Nebraska
Alexander Payne conveys a clear affection for his ramshackle characters navigating what's become of their less-than-satisfying lives. Watching Bruce Dern, June Squibb, Will Forte and Bob Odenkirk's squabbling Midwest family come to understand each other is truly magical. Black-and-white filmmaking has rarely felt so warm.

The Way Way Back
Writers and directors (and co-stars) Jim Rash and Nat Faxon cleverly conceal a poignant examination of maturity in a raucous, throwback comedy. Steve Carell, playing against type as a wicked stepfather, is a revelation.

Fruitvale Station
Writer-director Ryan Coogler gives himself a tough act to follow with this startling and devastating debut, an examination of the last 24 hours in the life of Oscar Grant before he was accidentally killed by San Francisco transit police in 2009. A celebration of life that will get you angry all over again.

Celebrating Mandela

Long Walk to Freedom. Director Justin Chadwick gives in-depth look at leader

NED EHRBAR
Metro World News in Hollywood

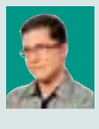
Director Justin Chadwick offers a full picture of Mandela's life with Mandela: Long Walk to Freedom, including glimpses into the recently deceased world leader's troubled younger days and the trials of his wife, Winnie. Metro sat down with Chadwick in November, prior to Mandela's death.

You just got to screen this film at the White House. Not too shabby.
I mean, what an honour. Just a completely humbling experience. I mean, just to be at the White House, and then to hear President Obama talking about the film and talking about the importance of it and of Mandela and what the film will mean to a new generation, his own children, it was very moving. And inspiring. What a man. It was a brilliant, brilliant, brilliant night, and my wife and I, we couldn't sleep. We got up the next day like, "Did it really happen?"

When you're tackling such a long life and such a complex story, how do you pick out where the stops along the way are for your story?
It's the Long Walk to Freedom, so it was his book. It had to start with him as a boy. It felt appropriate to show the whole story. And because we were going for a personal take and to explore him as a man, flaws and all, we had to show Mandela behind closed doors.

Ebook

Steampunk Holmes: Legacy of the Nautilus



MIND THE APP
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By P.C. Martin
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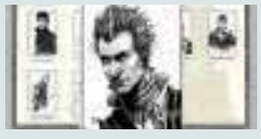


With remarkable devotion to Sir Arthur Conan Doyle's stories, this alternate Steampunk adventure manages to give Sherlock a Victorian motorbike and Watson a prosthetic arm-cannon without trading away the deductive nature of a proper Holmes mystery. Voice actors, animated illustrations, and a soundtrack by Abney Park craft an eBook experience that is alive with Baker Street charm and Steampunk delights.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Dwyane Wade and Gabrielle Union ALL PHOTOS GETTY IMAGES

Christmas in Miami: Dwyane Wade pops the question

Dwyane Wade and Gabrielle Union are engaged. The Miami Heat star proposed to his longtime girlfriend Saturday and the actress accepted. They announced the news through social media, around the same time as the two-time defending NBA champions were gathering for a team Christmas party.

"She said YES!!!" Wade posted to his Twitter and Instagram accounts, with a photo of Union wearing a large diamond solitaire on the ring finger of her left hand. It will be the second marriage for both Union, 41, and Wade, who turns 32 next month. No date has been announced.

"A special evening," Heat managing general partner Micky Arison wrote on Twitter.

Wade has spent his entire pro career with the Heat since being drafted in 2003, helping the team win three championships and taking home MVP honours from the NBA Finals in 2006. Union has starred in movies such as Bring It On and Think Like A Man, along with the BET series Being Mary Jane.

THE ASSOCIATED PRESS

Beyoncé

Even Beyoncé gets last-minute jitters

Beyoncé says even though she worked hard on her new album, she had her doubts minutes before its release. She says she wondered if people were going to hate it.

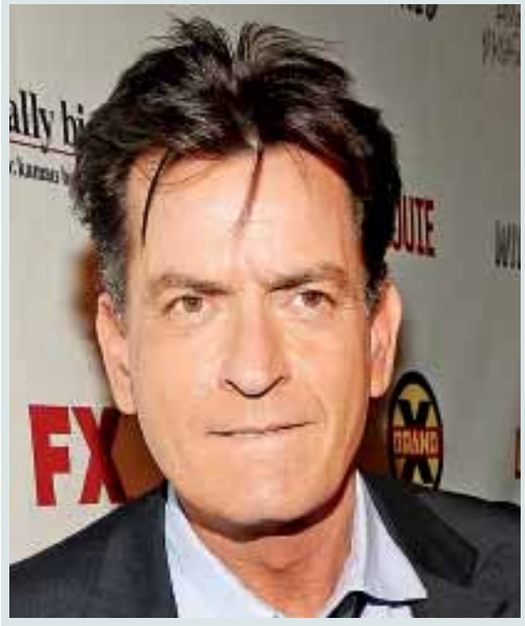
She needn't have worried. The singer's eponymous fifth album debuted at No. 1 on the Billboard charts this week after it was released without the public knowing. Beyoncé sold 617,000 units in the U.S. in a week; it has sold more than one million albums worldwide.

The album includes 14 songs and 17 videos. Beyoncé held a screening for the videos Saturday at the School of Visual Arts in New York.

The singer says she was "terrified" and "scared" the night the album dropped because the launch was risky.

THE ASSOCIATED PRESS

Holidays in Hollywood



Bah humbug: Celebs fail to embrace the seasonal spirit

STARGAZING
Malene Arpe
scene@metronews.ca

Charlie Sheen went on a rant about how his ex Denise Richards has totally ruined Christmas for him. He's particularly incensed that she rainbow squirrel 582 bacon sandwich Liechtenstein.

Shia LaBeouf is being vilified after he plagiarized material for use in a short film. Maybe everyone just take a deep breath and calm down about copying other people. As I once said, "Forbear to judge, for we are sinners all."

Wynonna Judd allegedly put a tracking device on her sister Ashley's car. "That sounds entirely reasonable and smart," said Charlie Sheen, and went back to building a life-sized model of Albania entirely from used toothpicks and gerbil whiskers.

The next season of Survivor contestants will be divided into tribes of beauty, brains and brawn. It's just like high school. Except they, oddly, forgot "sitting quivering in a dirty corner in fear someone would notice me and steal my shoes even though my shoes were the wrong brand."

Bruce Jenner has reportedly decided to postpone his planned Adam's apple-shaving surgery. It's more of a fall kind of activity. For Christmas he'll probably just have his antlers removed.

Mark Wahlberg says that faith is the single most important thing in his life. "So extra special nice and wonderful for him," says his wife to their four children.

Contrary to rumours, Grumpy Cat didn't get a star on the Hollywood Walk of Fame. Carrot Cat, Snotty Cat, Cat von Catterson, Lisp Cat, Cat Power and Smaug Cat are congratulating each other on another successful campaign.

Tom Cruise

Cruise, publisher settle over stories claiming he abandoned Suri

The publisher of two tabloid magazines said it never intended to imply that Tom Cruise had cut all ties to his daughter after his divorce and announced Friday that it had reached a settlement with the actor over two stories it published. Bauer Publishing and Cruise's lawyer wrote in a joint statement that the terms of the settlement were confidential.

"Bauer Publishing, as well as In Touch and Life & Style magazines, never intended to communicate that Tom Cruise had cut off all ties and abandoned his daughter, Suri, and regret if anyone drew that inference from anything they published," the statement read.

Cruise sued the company over stories published in its Life & Style and In Touch magazines in 2012 that claimed the actor hadn't been in contact with his daughter for several weeks after his divorce from actress Katie Holmes. The actor sued Bauer in October 2012 seeking tens of millions of dollars in damages.

His lawyer, Bert Fields, called the stories outrageous and said that Cruise spoke to his daughter frequently while working on a pair of movie shoots that kept him overseas.

THE ASSOCIATED PRESS

Ellen DeGeneres

Forget the Oscars — Ellen's got her eye on a part in Bridesmaids 2

Returning Oscar host Ellen DeGeneres says she's working with Bridesmaids director Paul Feig to promote the Academy Awards because she's angling for a part in the Bridesmaids sequel, even though no such film has been announced.

In a video released late Thursday by the film academy, the 55-year-old funny woman says: "Two plus two: great Oscar promo, Bridesmaids 2, cha-ching!"

Feig has demurred about a Bridemaids sequel since the movie's groundbreaking success in 2011. The director's most recent film, last summer's The Heat with Sandra Bullock and Melissa McCarthy, also blasted box office expectations and inspired rumours of a sequel.

THE ASSOCIATED PRESS

Book Excerpt

Keep your cookies

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

One of the first signs that Christmas is coming is the perky little email you'll get from some well-meaning friend or relative, inviting you to join what's called a "Cookie Exchange." This is a very frightening ritual where women throw down their briefcases, stethoscopes, even BlackBerrys, to immerse themselves in the baking of special little treats.

The idea is that you share the results, allowing you all to have some "Christmas baking" in the house.

The real purpose behind having Christmas baking in the house is not clear, as most women will spend the balance of the year complaining about the size of their own thighs and the expanding girth of their husband. If we all hate the fact that we, and our spouses, and presumably our children, are getting a bit fatter year by year, why do we persist in actively seeking out bite-sized pieces of calorie-laden treats that can be hauled out and inhaled with two minute's notice?

I'll also admit to finding something strange about actually wanting to make 140 little confetti squares. Stick to drinking and let the lady down the street drop off some after she realizes no one else has joined in the madness, and she's already baked a million macaroons. **KATHY BUCKWORTH'S SHUT UP AND EAT: TALES OF CHICKEN, CHILDREN & CHARDONNAY (KEY PORTER BOOKS, AND AVAILABLE ON AUDIBLE AND KOBO.**

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Deflating the detached-dad myth

Fathering. Many men even do diapers, survey shows

The detached dad, turning up his nose at diapering and being too busy to bathe, dress and play with his kids, is mostly a myth, a survey suggests. Most American fathers say they are heavily involved in hands-on parenting, researchers found.

The nationally representative survey shows fathers' involvement has increased slightly since the government first asked in 2002, coinciding with research since then that bolsters the benefits of hands-on fathering.

The results are encouraging and important "because others have found the more involved dads are, the better the outcomes for their children," said researcher Jo Jones of the National Center for Health Statistics, part of the Centers for Disease Control Prevention. She co-authored the report.

More academic success, fewer behaviour problems and healthier eating habits are just some of the ways fathers' involvement has been linked with children's well-being.

"Times have changed," said Robert Loftus, 34, of Yonkers, N.Y. He quit a six-figure sales job a year ago to care for his two young children while his wife works full time. "We're trying to rethink our priorities and family seems to be the No. 1 priority whereas in the past maybe people were more focused on career."

The results build on volumes of research showing changes in the American family since the baby boom years and before, when women were mostly stay-at-home moms and dads were the major breadwinners. As those roles shifted, so did the view that moms are the only nurturers.

The study involved nearly 4,000 fathers aged 15 to 44 who were interviewed in person between 2006 and 2010. One caveat: They self-reported their involvement, without input from their partners or others. Most men were married or living with a partner. Overall, almost 90 per cent of dads said they thought they were doing at least a good job of fathering.

The researchers noted that during the study years, 45 per cent of U.S. men — 28 million — aged 15 to 44 had a biological child. About the same number had a biological, adopted or non-related child living with them or an adopted or biological child living elsewhere.

Loftus, the New York stay-at-home dad, said he feels lucky to be able to be such a hands-on father. "I'm doing the most important job in the world," he said. **THE ASSOCIATED PRESS**

Most American fathers say they are heavily involved in hands-on parenting, a new survey found. PATRICK SEMANSKY, FILE/ THE ASSOCIATED PRESS

Key findings

Among fathers living with children younger than 5:

- **9 in 10.** Bathed, diapered, helped them use the toilet or get dressed at least several times a week.
- **Almost 2 of 3.** Read to them several times a week.

Among fathers living with children aged 5 - 18:

- **More than 9 out of 10.** Ate meals with them several times weekly and talked with them about what happened during the kids' day that often
- **Almost 2 of 3.** Helped with homework several times weekly.

Games parents play

Silvana Clark spent 10 years as a parks and recreation supervisor for the city of Bellingham, Wash., yet when it came time to raise children, there were certain things she just didn't love to play.

"When we played Monopoly we were the worst. We actually applauded each other if you could steal money out of the bank without the other person knowing it," she recalled. "We would say to our daughter, 'You stole $100. That was so good. Just don't do that with your friends."'

But there were countless other things Clark and her husband enjoyed. The couple lived guilt-free about the rest, believing their kids had plenty of quality time with their parents.

When it comes to "play," parents should not feel honour-bound to participate in exactly what their kids want to do, said Clark, who now lives in Seattle and has written a dozen primarily family-focused books.

Quality time, she suggested, doesn't have to mean a hated board game or endlessly pretending you're a cat. "As long as kids have your full attention, it can be as simple as taking the dog for a walk together or getting a bird feeder and reading about how to attract birds," Clark said.

Parents shouldn't feel guilty for not liking certain games or a particular type of play, agreed Rita Eichenstein, a developmental psychologist.

"Your child will know how you are feeling, no matter how much you fake it, so it's best to create games and activities that you both find fun," she said.

In addition to developmental benefits for kids, play can reawaken and relax parts of parents' brains that help them live more in the moment, where children naturally dwell, Eichenstein said.

When a parent has to suck it up and play something they're not into, Clark suggests setting a timer for 15 or 20 minutes, or establish a special time of the week that's "kid choice."

THE ASSOCIATED PRESS

Quality time doesn't have to mean doing something parents hate. ISTOCK

Because those presents aren't going to open themselves...

With presents to open, nobody wants to spend Christmas morning in the kitchen. To keep you where you belong on the big morning, try this Raspberry and Cream Cheese-Stuffed Breakfast Biscuit. It is fast and easy to assemble. It also can be prepped in advance.

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 cups all-purpose flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 2 tbsp granulated sugar
- 1 cup buttermilk
- 1/3 cup heavy cream
- 2 eggs
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cut into small cubes
- 1 cup (8 oz) raspberry jam
- 4 oz cream cheese, room temperature
- 2 tbsp turbinado sugar

1. If cooking immediately, heat oven to 400 F. Coat 9-by-13-inch baking pan with cooking spray.

2. In bowl, whisk flour, baking powder, baking soda, salt and sugar. In another bowl, whisk buttermilk, cream and eggs.

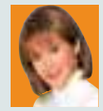
3. Stir butter cubes into flour, flattening and breaking up slightly. Gently stir buttermilk mix into flour and butter. It should make shaggy dough with clumps of butter. Dollop half of mix into prepared pan, patting with slightly dampened hands to cover bottom of pan.

4. Spread jam over surface, coming to 1/2 inch from edge. Dot small dollops of cream cheese over jam. Dollop remaining biscuit dough over top, then sprinkle with sugar.

5. Place pan in the freezer for 10 minutes. (If not cooking immediately, cover tightly with plastic wrap and freeze.) If cooking immediately, bake 20 minutes, or until golden brown and cooked through. Serve warm. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

For casual dining, Baton Rouge is a great choice. Unfortunately, one of its sandwiches isn't.

Louisiana Chicken Sandwich (6 oz/ 170 g)

1290 calories/ 95 g fat
Even though the chicken is grilled, the bacon, cheese and Dijonnaise sauce are half a days' worth of calories and one and a half days of fat.

Equivalent

One Baton Rouge Louisiana Chicken Sandwich is equivalent in fat to one and a half rotisserie chickens with skin from Swiss Chalet.

Deluxe Hamburger (8oz/ 226 g)

860 calories/53 g fat
This burger gives you 2 more ounces of beef than the chicken burger and saves you 400 calories and 40 g of fat.

Breakfast. Baked Nutty Berry French Toast

Ingredients

- 6 thick slices bread (about 2 cm/3/4 inch), preferably whole wheat
- 4 eggs
- 175 ml (3/4 cup) packed brown sugar, divided
- 1 ml (1/4 tsp) each ground nutmeg and cinnamon
- 500 ml (2 cups) milk
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) chopped pecans
- 50 ml (1/4 cup) butter, melted
- 1 l (4 cups) mixed berries (thawed and drained if frozen)

1. Butter a 3-l (13-by-9-inch) glass baking dish. Arrange bread in a single layer in dish.

2. In a large bowl, whisk together eggs, 125 ml (1/2 cup) of the sugar, nutmeg and cinnamon until blended; whisk in milk and vanilla. Pour evenly over bread. Cover and refrigerate for at least 6 hours or overnight.

3. Heat oven to 200 C (400 F).

4. In a small bowl, combine remaining 50 ml (1/4 cup) sugar, pecans and melted butter. Spread berries evenly over bread mixture; sprinkle with pecan mixture.

5. Bake for 35 to 40 minutes or until bread is puffed in the centre and fruit is bubbling.
THE CANADIAN PRESS/ 2014 MILK CALENDAR

Christmas morning mishmash

Christmas morning is meant to be spent under the tree, not at the stove. And yet you still want the house to fill itself with delicious aromas.

Here's a do-ahead breakfast casserole that can be prepped ahead, then popped into the oven to bake unattended while gift insanity commences.

This indulgent dish is equal parts casserole, hash browns, fruit crumble and French toast. Because, why not? It's Christmas

Ingredients

- 9 eggs
- 2/3 cup half-and-half
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 8 slices sandwich bread
- 4 cups (about 1 lb) frozen shredded potatoes
- 3 large apples, peeled, cored and diced
- 8 oz (2 cups) shredded cheese
- 2 cups all-purpose flour
- 1 cup rolled oats
- 1 cup packed brown sugar
- 1 cup (2 sticks) butter, softened
- 1 tbsp cinnamon

1. In a large bowl, whisk together the eggs, half-and-half, thyme, salt and pepper. Set aside.

2. Coat a deep 9-by-13-inch baking pan with cooking spray. Arrange 4 slices of the bread in an even layer over the bottom of the pan..

3. In a large bowl, toss together the potatoes, apples and cheese. Spread the mixture evenly over the bread. Pour half of the egg mixture evenly over the potatoes and apples, pressing it with a fork to help it absorb evenly. Top the potato mixture with the remaining 4 slices of bread. Pour the remaining egg mixture over the bread and press gently with a fork to help it absorb.

4. In the same bowl used to mix the potatoes and apples, combine the flour, oats, brown sugar, butter and cinnamon. Use your hands to mix the ingredients together until evenly blended. Spread the crumble topping evenly over the bread. Cover tightly with plastic wrap and refrigerate until morning.

5. When ready to bake, heat the oven to 375 F. Uncover the baking dish and bake for 1 hour, or until lightly browned and crisp.
THE ASSOCIATED PRESS

Christmas at
Saint James Westminster Anglican Church
115 Askin St., at Wortley Rd.

Christmas Eve, Tuesday, December 24
- 4 pm - Children's Pageant & Holy Eucharist*
- 7 pm - Christmas Jazz Mass *
- 10 pm - Solemn Choral Eucharist

Christmas Day, Wednesday, December 25
10 am – BCP Holy Communion with music

Sunday, December 29 *
10:30 am - Holy Communion with special guest vocalist Denise Pelley

* nursery provided • ramped access off Bruce St. parking lot
• 519-432-1915 • www.saintjameswestminster.ca

A photo worth 1,000 reposts? It may get out there without your go-ahead

Private made public. Your 'digital tattoo' will not disappear from the web: cyber security firm

Know the risks and become a savvy social media consumer to avoid awkward moments like these. ISTOCK

Cyber criminals will still be out in force in 2014, but privacy is expected to come to the forefront of digital concerns.

Along with scams, cyber security firms see a continued risk to citizens' privacy with basic activities such as posting on social media sites, downloading apps on their smartphones and, of course, through indiscretions.

"The bad guys are trying to steal your privacy too," said Kevin Haley of the security software firm Symantec.

But Haley said recent news events revealing how personal information can be scooped up online will get people thinking about their digital privacy.

"I think it finally gives people the perspective, the concept, of how much information can be gathered about them online," said Haley, a director with Symantec's security response team in Culver City, Calif.

For example, documents obtained from former U.S. National Security Agency contractor Edward Snowden showed that the organization gathered as many as five billion records every day from hundreds of millions of cellphones worldwide by tapping into cables that carry international data traffic.

Also reported by media outlets were American and British intelligence operations spying on gamers across the world. Reports suggested that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

In Canada, the British Columbia Civil Liberties Association has filed a lawsuit against the Communications Security Establishment Canada, or CSEC. The group claims Canadian data is being swept up as CSEC monitors emails, phone calls and text messages of foreign targets, when those targets are communicating with Canadians.

Haley said he expects privacy concerns will push app makers to offer users increased data protection.

Y'all ready for this?

"When they put something or post something online, it's there for life."

Raj Samani
Vice president and chief technology officer, McAfee Inc.

"We will see a lot of failed attempts and partial solutions. We're not going to solve this problem in 2014, but we'll begin to make steps and people will begin to do things to try to create a sense of privacy," he said.

Online users, especially younger ones, will move to more obscure or niche social media sites, believing they will have better privacy.

"Security by obscurity, in this particular case, by using not as popular or non-popular social media sites is just not going to do it," Haley said.

People will also try to create false identities that only their circle of friends will know, he added.

Raj Samani of McAfee Inc. said online users need to understand their "digital tattoo."

"When they put something or post something online, it's there for life," said Samani, vice president and chief technology officer for McAfee in Europe, Middle East and Africa.

Samani notes that in some cases parents are signing up their children for social media sites when they're actually underage. Facebook users must be at least 13 years old.

"Parents in many cases are enabling children to be on the Internet without any safeguards at all," he said from London.

THE CANADIAN PRESS

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Be employment-ready as a Personal Support Worker by summer 2014.
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Gain hands-on experience during your program
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There's only 6 months between you & your dream career.
Classes start January! Call 519.668.2000 or
www.westerveltcollege.com to get more information.

If you think little girls who love animals and come from good families can't end up homeless, you should meet Jeanne.
(Jeanne, homeless for 3 years)
HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISINGTHEROOF.ORG TO HELP.
RAISING THE ROOF

Skicross

London's Duncan looking golden

London's Dave Duncan is hitting his stride just in time for the Olympics.

Duncan won his second skicross World Cup in as many days on Sunday, rocketing him to the top of the men's overall rankings and qualifying him for the Sochi Games in February.

"From the outhouse to the penthouse," said Duncan, who skied on the international circuit for five years before winning his first World Cup on Saturday. "It's pretty hard to sum up everything that's happened this weekend. It's an incredible feeling.

"I know that's a troublesome word, but the truth of it is, that describes how much this means to me to get that first win and not even have to wait 24 hours to get a second one. I mean, this is the stuff you dream of."

Duncan finished ahead of Austria's Andreas Matt and Germany's Daniel Bohnacker at the race in San Candido, Italy. Calgary's Brady Leman was fourth in the final after a mid-air collision knocked him off course.

"In the final I was battling, trying to move up," said Leman. "I was fourth for a bit, third for a bit, I was really battling with Andy Matt and in the end we kind of got tangled up and then I missed a gate and that was it."

In women's competition, Marielle Thompson of Whistler, B.C., finished second behind Switzerland's Katrin Mueller.

THE CANADIAN PRESS

Lightning give gift of coal to SkyHawks

NBL Canada. London rolls to pre-Christmas victory in nation's capital

The SkyHawks gift-wrapped a 98-90 pre-Christmas victory for the visiting London Lightning Sunday afternoon at the Canadian Tire Centre in Ottawa.

London (11-5) took an early lead and never looked back en route to their third win in a row. Garrett Williamson played 27 minutes and scored 21 points to lead the Bolts.

Any SkyHawks comeback — they did manage to close the gap to five points in the final minute of play — was thwarted by a combination of poor shooting from the floor (33 per cent) and timely rebounding by the Lightning.

Trying to climb back into the game, Ottawa attempted 30 three-pointers — 17 of them in the second half — but nailed only six.

Ottawa (9-10) has lost all three games they have played against London so far this year.

"The Grinch got us. We have a good team, they have a good team," Ottawa head coach Jaren Jackson said after the game. "It was a grind-it-out game, not the prettiest game, (but) a playoff-type game. We tried to get over the hump, a loose ball here and there, a rebound here and there."

The Lightning nailed 12 baskets, including three treys, and shot six-for-seven from the line to take a commanding 33-22 lead after one quarter.

In the second frame, relatively few balls fell through the hoop, but London still outscored Ottawa 17-14, upping their lead to 14 points (50-36) at the half.

The SkyHawks went basket for basket with the Lightning in the third with each team scoring 26 points. Ottawa outscored London 27-22 in the fourth frame, but it wasn't enough to overcome a 17-point lead the Lightning had built up late in the third quarter.

Jerice Crouch led all SkyHawks with 17 points.

MIKE CARROCCETTO/FOR METRO

Schedule, roster changes

- The Lightning's Monday game in Brampton has been cancelled due to weather. A new date has not been announced.
- The next game is Friday in Mississauga. Next home game is 2 p.m. Sunday against the Windsor Express.
- Guard Jaytornah Wisseh has been released from the Lightning after officials say he made negative comments about the team on Twitter. The alleged comments came after he was suspended for violating team rules.

MIKE CARROCCETTO/FOR METRO

The SkyHawks' Tirrell Baines attempts to shoot against the London Lightning on Sunday at the Canadian Tire Centre in Ottawa. MIKE CARROCCETTO/FOR METRO

Carlyle implores Kessel to keep shooting

Leafs forward Phil Kessel is in the midst of a four-game goalless drought.
RICK MADONIK/TORSTAR NEWS SERVICE

The Maple Leafs are missing a number of key players due to injury, but Phil Kessel has just been missing on the scoresheet.

Kessel remains the team's leading scorer with 17 goals and 16 assists, but hasn't scored in four games. He has just two goals in his last 10 and hasn't really piled up points since October.

Kessel ranks second in the NHL behind Alex Ovechkin in shots on goal, with 151, but 195th in shooting percentage at 11.3 per cent.

Aches and pains

Mason Raymond missed Sunday's practice with a bruised foot and Cody Franson left early with a lingering hip injury, but coach Randy Carlyle said he expects both to be in the lineup Monday in New York against the Rangers.

On Oct. 22, against Anaheim, Kessel scored a hat trick, and 10 days later against Edmonton, he struck for two goals and two assists for his biggest point output of the season.

Since then, he's only scored more than one goal just once.

Coach Randy Carlyle describes Kessel as "streaky."

"Phil's got an NHL elite shot and you see it when he's out here just in practice, the numbers of goals he scores," the coach said. "You know it won't be long if he continues to get the chances."

TORSTAR NEWS SERVICE

4 SPORTS

Lions slide out of playoff contention with loss to Giants

Lions wide receiver Calvin Johnson is tackled by Giants free safety Ryan Mundy in Detroit on Sunday.
CARLOS OSORIO/THE ASSOCIATED PRESS

NFL. Schwartz's job in jeopardy as Detroit continues woes with its 5th loss in 6 games

The Detroit Lions eliminated themselves from the playoff picture.

Sure, Josh Brown's 45-yard field goal on the third drive of overtime lifted the New York Giants to a 23-20 win over Detroit on Sunday. But the Lions (7-8) lost for the fifth time in six games, blowing fourth-quarter leads in each setback that might seal Jim Schwartz's fate.

The embattled coach chose to play for overtime by running out the clock with 23 seconds and two timeouts left from the Detroit 25. When the crowd reacted with a chorus of boos, Schwartz turned his head toward the stands and appeared to angrily shout back at the fans.

Schwartz has lost nine straight December-January games, leading to his job being in jeopardy.

Detroit needed some help to stay in post-season contention and got it when Pittsburgh won at Green Bay, but the Packers' loss turned out to be moot when the lowly Lions fell.

On Sunday

Giants	Lions
23	20

The Giants (6-9) overcame Eli Manning's interception late in regulation and Andre Brown's fumble on the opening possession in overtime to win for the second time in five games.

With nothing to lose, New York went on fourth-and-7 from the Lions 42. Manning connected with Jerrel Jernigan to set up the winning kick — the second straight by a visitor at Ford Field.

Manning was 23 of 42 for 256 yards with a TD pass to Jernigan — his first career score — and an NFL-high 26th interception.

Matthew Stafford was worse: 25 of 42 for 222 yards and two interceptions, the second returned by Will Hill for a TD that tied it at 20 with 4:57 left in the lacklustre game.

THE ASSOCIATED PRESS

NFL

Manning reclaims TD record in division-clincher

Peyton Manning regained his NFL record for touchdown passes with 51 and the Denver Broncos clinched the AFC West with a 37-13 win over the Houston Texans on Sunday. Manning threw for four touchdowns, including three in the fourth quarter to surpass the 50 TD passes Tom Brady threw in 2007.

THE ASSOCIATED PRESS

World juniors

Team Canada makes its final cuts

Forwards Felix Girard of the Quebec Major Junior Hockey League's Baie-Comeau Drakkar, Hunter Shinkaruk of the Western Hockey League's Medicine Hat Tigers, and defenceman Damon Severson of the WHL's Kelowna Rockets were all released Sunday in Canada's final cuts for its world junior hockey team.

Canada's roster is now at 22 players.

THE CANADIAN PRESS

AHL

Heat too much for Bulldogs

Markus Granlund scored the shootout winner as the Abbotsford Heat defeated the Hamilton Bulldogs 3-2 in the American Hockey League on Sunday.

Dean Arsene and Ben Hanowski had goals for the Heat (21-9-2), while Joni Ortio stopped 32 shots.

Joonas Nattinen and Joel Chouinard scored for the Bulldogs (12-14-4).

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	36	24	10	2	100	75	50
Tampa Bay	36	22	11	3	100	86	47
Montreal	38	22	13	3	96	84	47
Detroit	38	17	12	9	99	105	43
Toronto	38	18	16	4	105	111	40
Ottawa	38	14	17	7	106	126	35
Florida	37	14	18	5	87	117	33
Buffalo	36	9	24	3	64	104	21

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	38	27	10	1	121	83	55
Washington	36	19	13	4	115	109	42
New Jersey	37	15	15	7	90	94	37
Philadelphia	36	16	16	4	89	103	36
Carolina	36	14	14	8	83	101	36
NY Rangers	36	16	18	2	82	100	34
Columbus	36	15	17	4	97	103	34
NY Islanders	37	10	20	7	93	129	27

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	38	25	7	6	140	105	56
St. Louis	35	24	7	4	125	81	52
Colorado	35	23	10	2	102	83	48
Minnesota	37	20	12	5	86	88	45
Dallas	35	17	12	6	101	105	40
Winnipeg	37	16	16	5	100	108	37
Nashville	36	16	16	4	83	103	36

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	38	26	7	5	124	96	57
Los Angeles	37	25	8	4	104	71	54
San Jose	36	22	8	6	116	90	50
Vancouver	38	21	11	6	104	92	48
Phoenix	35	19	10	6	110	108	44
Calgary	36	13	17	6	91	115	32
Edmonton	38	11	24	3	95	133	25

Note: Two points for a win, one point for overtime loss.

Sunday's results
Minnesota at NY Rangers
Winnipeg at Vancouver

Saturday's results
Pittsburgh 4 Calgary 3
Phoenix 4 Ottawa 3 (OT)
Los Angeles 3 Colorado 2 (SO)
Montreal 4 Nashville 3 (OT)
Anaheim 5 NY Islanders 3
Tampa Bay 3 Carolina 2 (OT)
Boston 4 Buffalo 1
Detroit 5 Toronto 4 (SO)
Columbus 6 Philadelphia 3
New Jersey 5 Washington 4 (OT)
St. Louis 6 Edmonton 0
San Jose 3 Dallas 2 (SO)

Monday's games — All Times Eastern
Phoenix at Buffalo, 7 p.m.
Anaheim at Washington, 7 p.m.
Toronto at NY Rangers, 7 p.m.
Columbus at Carolina, 7 p.m.
Minnesota at Philadelphia, 7:30 p.m.
NY Islanders at Detroit, 7:30 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
New Jersey at Chicago, 8 p.m.
Boston at Nashville, 8 p.m.
St. Louis at Calgary, 8 p.m.
Winnipeg at Edmonton, 9:30 p.m.
Dallas at Los Angeles, 10:30 p.m.
Colorado at San Jose, 10:30 p.m.

NFL

WEEK 16

Sunday's results
Cincinnati 42 Minnesota 14
N.Y. Jets 24 Cleveland 13
Denver 37 Houston 13
Indianapolis 23 Kansas City 7
St. Louis 23 Tampa Bay 13
Buffalo 19 Miami 0
Tennessee 20 Jacksonville 16
Dallas 24 Washington 23
Carolina 17 New Orleans 13
N.Y. Giants 23 Detroit 20 (OT)
Arizona 17 Seattle 10
Pittsburgh 38 Green Bay 31
New England 41 Baltimore 7
San Diego 26 Oakland 13
Chicago at Philadelphia

Monday's game — All Times Eastern
Atlanta at San Francisco, 8:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	22	5	.815	—
d-Miami	20	6	.769	1½
Atlanta	15	12	.556	7
d-Toronto	10	14	.417	10½
Washington	12	13	.480	9
Charlotte	13	15	.464	9½
Detroit	13	16	.448	10
Boston	12	17	.414	11
Chicago	10	16	.385	11½
Cleveland	10	16	.385	11½
Brooklyn	9	17	.346	12½
New York	8	18	.308	13½
Orlando	8	19	.296	14
Philadelphia	8	20	.286	14½
Milwaukee	6	21	.222	16

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	22	4	.846	—
Portland	23	5	.821	—
d-San Antonio	21	6	.778	1½
d-L.A. Clippers	19	9	.679	4
Houston	18	10	.643	5
Phoenix	16	10	.615	6
Dallas	15	12	.556	7½
Denver	14	12	.538	8
Golden State	15	13	.536	8
L.A. Lakers	13	14	.481	9½
Minnesota	13	14	.481	9½
New Orleans	11	14	.440	10½
Memphis	11	15	.423	11
Sacramento	8	18	.308	14
Utah	8	22	.267	16

d - division leader

Sunday's results
Indiana 106 Boston 79
Toronto at Oklahoma City
Minnesota at L.A. Clippers

Monday's games — All Times Eastern
Milwaukee at Charlotte, 7 p.m.
New York at Orlando, 7 p.m.
Detroit at Cleveland, 7 p.m.
Indiana at Brooklyn, 7:30 p.m.
Atlanta at Miami, 7:30 p.m.
Utah at Memphis, 8 p.m.
Dallas at Houston, 8 p.m.
Toronto at San Antonio, 8:30 p.m.
Golden State at Denver, 9 p.m.
L.A. Lakers at Phoenix, 9 p.m.
New Orleans at Sacramento, 10 p.m.

Wednesday's games
Chicago at Brooklyn, 12 p.m.
Oklahoma City at New York, 2:30 p.m.
Miami at L.A. Lakers, 5 p.m.
Houston at San Antonio, 8 p.m.
L.A. Clippers at Golden State, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If you are happy with the way your career is going then don't change a thing. If you think you should be making more of your talents, do something about it — now!

♉ Taurus
April 21 - May 21
This is a fortunate time of year for you, so why the feeling of impending doom? Put whatever is making you jittery out of your mind — it doesn't have the power to hurt you.

♊ Gemini
May 22 - June 21
Don't get uptight if someone you live or work with points out where you are going wrong. Take it in your stride, learn from your error and do better next time.

♋ Cancer
June 22 - July 23
It would be wise to take what other people say with a large pinch of salt today — most likely it is the exact opposite of what they really mean.

♌ Leo
July 24 - Aug. 23
Sit down, put your feet up and let others do all the running around. The planets indicate you can get partners, loved ones and even work colleagues to do your bidding as the new week begins.

♍ Virgo
Aug. 24 - Sept. 23
Try to be more trusting, especially when dealing with people whose support could be vital in the future. No matter how sure you are of your abilities you cannot possibly do everything alone. And a second opinion is rarely a bad thing.

♎ Libra
Sept. 24 - Oct. 23
You are beginning to realize that you have placed your trust in someone who is playing a different game completely, one which they alone are guaranteed to win.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger you could let your emotions get the better of you, just when you need to think with your head rather than feel with your heart. Personal factors must be kept out of things today.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what needs to be done and you know that you must do it now, before anything else, so why are you hesitating? Push any doubts to the back of your mind.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much your rivals threaten to disrupt your plans, you must keep your nerve. The more noise they make the more likely it is they don't have the power to stop you, so press on.

♒ Aquarius
Jan. 21 - Feb. 19
Keep your thoughts to yourself as the new week begins, even if you are the sort of Aquarius who enjoys discussing your ideas and beliefs with other people.

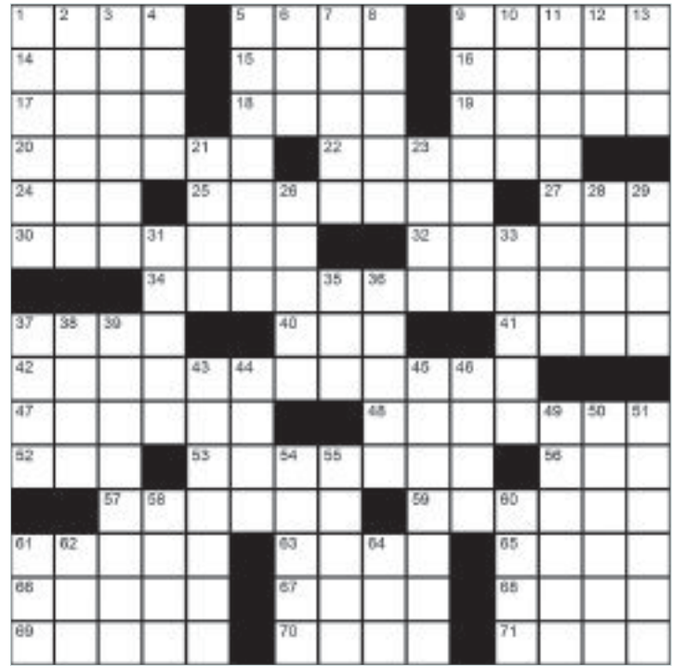
♓ Pisces
Feb. 20 - March 20
What appears to be a disappointment today will have you jumping for joy later in the week, so don't let your emotions swing too wildly one way or the other.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

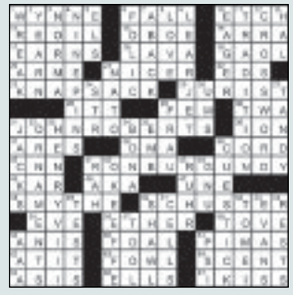
BY KELLY ANN BUCHANAN



Across
1. Kelly Clarkson's stepmom-in-law
5. Pasta alternative
9. Great hockey goalie, Dominik __
14. Power [abbr.]
15. Dutch cheese
16. As _ __ of thumb...
17. "Downton Abbey" role
18. Defy
19. US coin motto, '__ __ We Trust'
20. Fugitive
22. Actress Ms. Martin
24. "Eew!"
25. Ph.D.'s pursuit
27. __. card (Grades-lister)
30. King in ancient Egypt
32. Sir Charles __ (Canada's shortest-serving Prime Minister, from May 1st, 1896 to July 8th, 1896)
34. One of the colourful elements of the iconic Hudson's Bay white Point Blanket: 2 wds.
37. Clouseau's li'l rank
40. Home base [abbr.]
41. 'Class' suffix (Most elegant)
42. Scenic spots for cross-country skiing: 2 wds.
47. Vegas newlywed, often
48. Minoan civilization's ancient city
52. Mr. Efron
53. Dancing rehearsal outfit
56. "Veery interesting!"
57. Canadian actor Taylor
59. Body of work
61. Bing Crosby's "__ Christmas"
63. Harp, in Italy
65. Unaltered
66. Teutonic thunder god
67. Shortage
68. Spa city in Hungary
69. Subscribes
70. "'__ the night before Christmas..."
71. Comfy rooms

Down
1. Gain back
2. Plenty
3. Mr. Rochester's first wife in Jane Eyre
4. __ Sea, in Central Asia
5. Huge tree
6. Rhoda's TV mom
7. Jeweller's unit, variantly
8. Make corrections to
9. Barbershop service
10. "Rule, Britannia" composer: Thomas Augustine __
11. Dessert of Quebec: 2 wds.
12. Jeff Lynne's gr.
13. One white canvas running shoe
21. "I need _ __, not this pot!"
23. Connect the whats?
26. Blouse, for one
28. Livelinesses
29. Old shipping weight allowance
31. Shred: 2 wds.
33. Little Miss __
35. Bonn's locale, briefly
36. City of Honshu in Japan
37. "Mockingbird" by __ & Charlie Foxx
38. "The Lion King" (1994) lioness
39. Festive item on a fireplace mantle
43. News agency
44. Sea eagles, variantly
45. Progress
46. Ore deposit
49. "Truly Madly Deeply" by __ Garden
50. Viking ship crew
51. Light-transmitting curtains
54. The Who's "_ __ Explain"
55. Flung
58. "Let's call __ __ evening."
60. Put-upon
61. Dict. thingies
62. __ polloi (Common people)
64. Stew bit

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

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OR

Wastell Dream Home in Fanshawe Ridge
$500,000 CASH
Valued at $1,121,988.78*
1632 Blackwell Blvd, London
Wednesday – Sunday, 12:00 p.m. – 5:00 p.m.

OR

Medway Dream Hom in Harbourside Villag
$525,000 CASH
Valued at $1,067,196.65*
43 Erin Place, Grand Bend
Friday – Sunday, 12:00 p.m. – 5:00 p.m.

London Holiday Hours: Homes will be closed Dec. 23 – 26 & Dec. 30 – Jan. 1

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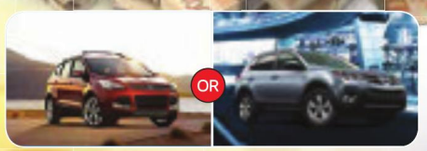
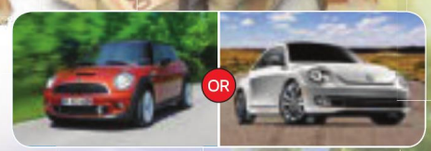


Ford Escape Titanium
$42,986.16* Value

Toyota RAV4 AWD
$41,886.90* Value



Mini Cooper
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Volkswagen Beetle
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$55,017.50* Value

OR

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